Staying Connected When You Work Through the Holidays

Meaningful Connection Doesn't Require More Time, Just More Intention

For many, the holiday season is one of the busiest times of the year. Even when your schedule is full, small moments of connection can strengthen relationships and help you feel more supported throughout the season. The following are ideas for staying connected during the busy holiday season.

Focus on Quality, Not Quantity

You may not have hours to spend with loved ones, but meaningful connections can happen in just a few minutes. Try:

- **Sharing a meal together**
- **Checking in with a phone call**
- **Taking a short walk with a family member**
- **Spending uninterrupted time together without screens**

A few focused moments often mean more than hours spent distracted.

Set Expectations Early

Busy schedules can create misunderstandings if family and friends aren't sure what to expect. Discuss:

- **Work schedules**
- **Holiday plans**
- **Travel commitments**
- **Family responsibilities**

Being proactive can reduce disappointment and help everyone feel more supported.

Create Simple Traditions

Holiday traditions don't have to be elaborate or time-consuming. Examples include:

- **Watching a holiday movie together**
- **Having hot chocolate after work**
- **Sharing things you're grateful for**
- **Scheduling a weekly family dinner**

Simple traditions often become the most meaningful memories.

Connect in Small Ways

Connection doesn't always require being physically present:

- **Sending a thoughtful text**
- **Sharing photos from your day**
- **Leaving notes for family members**
- **Scheduling a brief video call**
- **Checking in with someone spending the holiday alone**

Holiday stress is real. Your EAP offers free support to help you navigate challenges and maintain your well-being. Reach out or visit EAP4YOU.com to learn more.